

# Self-Exams

## Early Detection Can Help You Live Longer



### Getting in the Habit of Regularly Checking Your Testes is Important

1. Perform a Testicular Self-Exam (TSE) at least once a month
2. Check your testes after a warm shower- heat helps to relax your scrotum
3. Hold your scrotum between your thumbs and fingers of both hands and gently roll your testicles around
4. Feel for any strange lumps along the front and sides of the testicles
5. You should feel the epididymis (feels like a tube) along the top and back of each testicle
6. If you notice any of these warning signs let your health care provider know so he or she can make sure everything is OK:
  - ✓ Hard lump
  - ✓ Testicles feel bigger
  - ✓ Testicles feel different or heavy
  - ✓ Dull ache in groin or abdomen
  - ✓ Pain or swelling in scrotum
  - ✓ Breasts feel tender

